

Interim Guidance for Maternal and Child Health Services in the Perinatal Period by the Kansas Department of Health and Environment (KDHE)

April 3, 2020

This guidance is based on what is currently known about the spread and severity of coronavirus disease 2019 (COVID-19). The purpose of the guidance is to prevent the spread of COVID-19 among child care facilities, families, and communities. KDHE will provide updated guidance as necessary based on the changing situation. Please check the [CDC website](#) and the [KDHE website](#) (COVID-19 Resource Center) periodically for updated information and guidance for a variety of settings as well as public health and health care professionals.

Staff Guidance and Resources

- Follow state and local guidance on provision of *essential services*
- Plan for alternative routes of service delivery to enable a continuation of support and access to resources
 - Utilize telephonic or virtual options for client education and support if staffing resources are available.
 - The prenatal and postpartum period are very vulnerable times for families.
 - It is essential to stay connected, provide education, screenings, and referrals for services.
 - Consider providing virtual or telephonic options for individual visits, screenings and assessments, with email or text provision of educational resources.
 - Consider providing virtual options for group education and support groups.
 - Email or text links to educational resources vs. hard copies when possible.
 - Prepare to support changing obstetrical service delivery
 - Communicate regularly with local delivering hospital and OB/prenatal and postpartum care providers.
 - Remain current about practice and knowledgeable about effective modes for service delivery to help support these efforts by educating clients on new expectations (e.g., possible telehealth for prenatal visit and early hospital discharge).
 - Offer continued wraparound services through a variety of alternative modes mentioned above and reach out to peers to learn more about other creative solutions to address needs.

- Stay informed on changing access to support services (e.g., WIC, home visiting, and family planning services).
- Continue to provide services telephonically or virtually if staffing resources are available.
- Stay informed and up-to-date with best-practice recommendations in this rapidly changing environment.
 - Check for updates to guidance from reliable sources (e.g., KDHE, CDC, ACOG, etc.) on a frequent and regular basis.
 - American College of Obstetricians and Gynecologists (ACOG) Updates on COVID-19 <https://www.acog.org/news/news-articles/2020/03/acog-updates-on-novel-coronavirus-disease-2019>
 - ACOG's Clinical Guidance, Practice Advisory – COVID-19 <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>
 - ACOG's Clinical Guidance on Implementing Telehealth in Practice <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/02/implementing-telehealth-in-practice>
 - ACOG's Clinical Guidance, Hospital Disaster Preparedness <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/12/hospital-disaster-preparedness-for-obstetricians-and-facilities-providing-maternity-care>
 - ACOG's COVID-19 Algorithm <https://www.acog.org/-/media/project/acog/acogorg/files/pdfs/clinical-guidance/practice-advisory/covid-19-algorithm.pdf>
 - Society for Maternal-Fetal Medicine COVID-19 Information (get clinical resources, no-cost online education, and information for patients) <https://www.smfm.org/>
 - CDC's Information on COVID-19, Pregnancy and Breastfeeding https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html
 - Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) Guidance on COVID-19 <https://awhonn.org/novel-coronavirus-covid-19/>
 - Count the Kicks: A message for Public Health Providers <https://www.countthekicks.org/covid19/>
 - KDHE Resource Center and Updates on COVID-19 <https://govstatus.egov.com/coronavirus>

Client Guidance and Resources

- It is very important to focus program participant/patient education on:

- Importance of continued regular prenatal and postpartum care
 - Prepare for possible changes, including telehealth for regular visits
 - Remain in continuous communication/close contact with the prenatal care provider's office and all providers delivering services to the patient, assuring all contact information is up-to-date
 - Report any symptoms immediately – cough, fever (100.4 or greater), shortness of breath or difficulty breathing, in addition to normal symptoms of pregnancy/postpartum complications
- COVID-19 Risks and Disease Transmission, including specifics related to pregnancy, infants and breastfeeding
- Universal Precautions for Preventing Spread
 - Frequent handwashing with warm soapy water for at least 20 secs.
 - Use of alcohol-based hand sanitizer
 - Cover cough (coughing into elbow)
 - Avoid contact with sick people
 - Social distancing—avoid gathering in groups larger than 10 people; only go out for essential items; keep distance of at least 6 ft. if you have to go out
 - Frequent cleaning and sanitizing of common and touched surfaces (ideally done by non-pregnant household member if possible)
- Get vaccinated for Influenza, if haven't already
- Be prepared for changes in the postpartum period
 - Shorter hospital stays
 - Restrictions on visitors
 - Encouraged social distancing for protection of mother and newborn
 - Have symptom-free support person help with stocking of supplies, newborn care, and self-care
 - Stay connected with friends, family, and other support systems via phone, text, FaceTime, etc. instead of in-person visits
 - Continued Medicaid coverage through the end of the month in which the emergency period ends

More Information

KDHE Resources

- [COVID-19 Resource Center](#)
- Information Line 1-866-534-3463 (1-866-KDHEINF)

CDC Resources

- [Coronavirus Disease 2019 website](#)
- [Health Alert Network: Update and Interim Guidance on Outbreak of Coronavirus Disease 2019](#)

- [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 Exposure in Travel-associated or Community Settings](#)
- [About Coronavirus Disease 2019 \(COVID-19\)](#)
- [What to Do If You Are Sick with COVID-19](#)
- [Interim Guidance for Persons Who May Have Coronavirus Disease 2019 \(COVID-19\) to Prevent Spread in Homes and Residential Communities](#)
- [Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 \(COVID-19\), February 2020](#)
- [Coronavirus Disease 2019 Information for Travelers](#)
- [Do Your Part. Slow the Spread of Germs](#)
- [Don't Spread Germs at Work](#)
- [Stay Home if You're Sick](#)
- [Information on COVID-19: Pregnant Women and Children](#)
- [Guidance for People at Higher Risk for COVID-19](#)
- [Reducing Stigma and Promoting Resilience](#)
- [Pregnancy and Breastfeeding](#)
- [Taking Care of Your Emotional Health during an Emergency](#)
- [Managing Anxiety and Stress related to COVID-19](#)

Other Federal Agency and Partner Resources

- [Hand Washing: A Powerful Antidote to Illness](#)
- [Reducing the Spread of Illness in Child Care](#)
- [Germ Prevention Strategies](#)
- [When to Keep Your Child Home from Child Care](#)
- [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](#)
- [Why is now an important time for Count-the-Kicks](#)

